



# Northampton Aquatic & Family Center

## JFK Middle School, 100 Bridge Rd., Florence



### POOL SCHEDULE Fall 2015

**November 2 - November 29**

Closed Nov. 25 afternoon through Nov. 27

**AFC: 413-587-1046, Activity/cancellation hotline: 413-587-1044**

*Proper swimming attire is required, no cotton clothing.*

*Please contact the Aquatics Supervisor if your group is 8 or more or during birthday parties to ensure proper staffing levels.*

**Weekday morning policy: swimmers leaving after 7:30 a.m.**

**must exit pool area (including those using locker rooms) through pool deck glass doors.**



<b>MONDAY:</b>	6:00 - 6:50 am	Lap swim (6 lanes)
	7:00 - 7:25 am	Lap (3) / Aerobics *Aerobics until 7:40 am
	3:00 - 4:00 pm	Lap swim (6 lanes)
	4:00 - 6:30 pm	Lap swim (1 lane)
	4:00 - 6:30 pm	Open swim (3 lanes)
	5:30 - 6:30 pm	Swim lessons w/ dive instruction*
<b>TUESDAY:</b>	*****	NO Morning Programs
	4:00 - 7:00 pm	Lap (3 lanes)
	4:00 - 5:30 pm	Swim lessons
	6:00 - 7:00 pm	Water Aerobics
<b>WEDNESDAY:</b>	6:00 - 6:50 am	Lap (6 lanes)
	7:00 - 7:25 am	Lap (3) / Aerobics *Aerobics until 7:40 am
	3:00 - 4:00 pm	Lap swim (6 lanes)
	4:30 - 6:30 pm	Open swim w/ diving board
	5:30 - 6:30 pm	Swim lessons w/ dive instruction*
<b>THURSDAY:</b>	*****	NO Morning Programs
	4:00 - 5:30 pm	Lap Swim (5 lanes)
	4:00 - 5:30 pm	Swim lessons
	5:30 - 7:00 pm	Lap Swim (3 lanes)
	6:00 - 7:00 pm	Water Aerobics
<b>FRIDAY:</b>	6:00 - 6:50 am	Lap (6 lanes)
	7:00 - 7:25 am	Lap (3) / Aerobics *Aerobics until 7:40 am
	3:00 - 4:00 pm	Lap (6 lanes)
	4:00 - 6:30 pm	Lap (1)/ Open swim w/ diving board
<b>SATURDAY:</b>	9:30 - 11:30 am	Lap (4 lanes)
	9:30 - 11:30 am	Swim lessons
	12:00 - 5:00 pm	Open Swim / Lap swim (2)
<b>SUNDAY:</b>	11:00 - 4:30 pm	Open Swim / Lap swim (2)
	11:00 - 11:30 am	Adult Swim lessons
	11:30 - 12:30 pm	Adult Stroke Tech** / Youth Stroke Tech**

\*\* **Stroke Tech** is a swim clinic focusing on stroke techniques this is an intermediate/advanced DROP IN ONLY class no registration required

\* Swim Lessons w/ dive instruction is an intermediate / advanced class for children up to age 13

**PLEASE** register for the **appropriate level** of swim lessons ; *Instructors may reassign swimmers to the proper levels accordingly*

AFC at JFK Middle School, 100 Bridge Rd., Florence, MA  
Monday-Friday, 4:00-8:00pm, Saturday 10:00am-5:00pm & Sunday 11am-4:30pm, - 587-1046  
Northampton Recreation Dept., 90 Locust St., Northampton, MA  
Monday-Friday, 8:30am-4:30pm - 587-1040  
[www.northamptonma.gov/recreation](http://www.northamptonma.gov/recreation)